

Herbs from A-Z Lets talk about inflammation

Cathy's Herbs and Botanicals



Herbs --Spices ---Botanicals--- What are they??

- Herbs are defined as any plant used for medicinal or culinary use.
- Spices are plants including herbs that flavor food.
- Botanicals are plants—including herb and spices that are used for cosmetics, and natural healing.



Certified Organic

Organic is the most heavily regulated and closely monitored system in the U.S.

Unlike other eco-labels, the organic label is backed by a set of rigorous federal production and processing standards. These standards require that products bearing the USDA organic label be grown and processed without the use of toxic and synthetic pesticides and fertilizers, genetic engineering, antibiotics, synthetic growth hormones, artificial flavors, colors, preservatives, sewage sludge and irradiation.



Sugar and Inflammation

Consuming too many added sugars and refined carbohydrates can lead to an excess amount of advanced glycation end products (AGEs). AGEs are formed as a normal part of metabolism; however with a surplus of glucose (from added sugars and refined carbs in our diet), excessive AGE formation occurs. Having too many AGEs contributes to oxidative stress and inflammation by binding with our cells and integral proteins, changing their structure and interfering with their normal function. This alteration can eventually lead to a buildup of plaque in our arteries (atherosclerosis) and decreased kidney function, among other effects.

natural sugar has **not** been linked to inflammation. In fact, many foods containing natural sugars, such as fruits and vegetables, may be anti-inflammatory

The Skinny on Oil

- **Foods high in omega 3 fatty acids are good**
- **Flax and fish oil**
- **Foods high in omega 6 fatty acids-avoid**
- Omega-6s are found in oils such as corn, safflower, sunflower, soy and vegetable
- **Great alternative is Coconut Oil**
- Coconut oil is about 2/3 medium-chain fatty acids (MCFAs), also called medium-chain triglycerides or MCTs. These types of fatty acids produce a whole host of health benefits.
- The main type of fat found in all kinds of **olive oil** is monounsaturated fatty acids (MUFAs). MUFAs are considered a healthy dietary fat

Coconut *Cocos nucifera* Grown in Hawaii

- One tree can yield about 50 coconuts per year
- They contain Medium Chain Triglycerides (MCTs) – which are fatty acids of a medium length.

Easier to digest

Not readily stored as fat

Are anti-microbial and anti-fungal
Smaller in size, allowing easier cell permeability for immediate energy
Processed by the liver, which means that they are immediately converted to energy instead of being stored as fat



Healthy Oil List

- **Flax Seed Oil**
- **Walnut Oil**
- **Coconut Oil**
- **Sesame Oil**
- **Avocado Oil**
- **Grape Seed Oil—low saturated fat and high smoke point**

Look for Organic!!

Anti-inflammatory diet What to eat

- Omega 3 rich foods
- Leafy green veges
- Blueberries and other dark fruits
- Fermented foods such as kefir, natto, kimchee, miso, tempeh, pickles, sauerkraut, olives
- Mushrooms and garlic
- Tart Cherries



Benefits of Tart Cherries

- Improve appearance
- Better health
- Restful Sleep
 - Improved mood
 - Weight loss
- Overall mental physical and spiritual health



Avocado

- A constituent in avocado called persenone A suppresses two chemicals that cause inflammation in the body
- This study suggested that persenone A in avocados have the ability to prevent inflammation
- Contain monosaturated fatty acids
- Contain Oleic Acid which is a strong anti-inflammatory



BLACK SEED (NIGELLA SATIVA)

Black cumin (Nigella sativa, Ranunculaceae) seeds have a long history of use as a food and complementary medicine. Black cumin seeds have been used to treat diabetes and rheumatism, as well as respiratory, digestive, skin, circulatory, and immune system problems.



The main biologically active chemical components of black cumin seed have been identified as thymoquinone a volatile oil phytochemical and, p-cymene alpha-pinene a potent anti-inflammatory organic compound

Moringa Trees

Although 13 species of Moringa exist in tropical and subtropical habitats around the globe, Moringa oleifera has proven to be the most valuable cultivated member of the Moringaceae family. Also known as horseradish tree for the taste of its roots, Moringa oleifera seeds and plants are commercially available in California, Hawaii and Florida. The plant is easy to grow and thrives in U.S. Department of Agriculture plant hardiness zones 10 and 11.

Arab and India grow more Slender Trees, Bottle Trees grow in Kenya and Ethiopia



Moringa Oleifera
Grown in Southern Climates

- **Moringa has a Massive Amount of Nutrients With Very Few Calories**
- **Pods are loaded with vitamin C**
- **Loaded with chlorogenic acid -anti-oxidant**



GINGER ZINGIBER
OFFICINALE

Ginger attacks inflammation through the action of gingerols, shogaols, and paradols. Gingerol is a phenolic phytochemical compound found in fresh ginger that activates heat receptors on the tongue



- *May be eaten dried or raw*
- *Antioxidant inhibits peroxynitrite a free radical*

Nettle

- Nettle tea affects the kidneys directly. "Nettle is a diuretic. it increases urine output and removal of uric acid (under physician supervision). Thus it can be useful for edema, inflammatory arthritis or gout. Studies show that by combining nettle with saw palmetto, patients can find relief from urinary problems. In addition to affecting the kidneys, "nettle has many constituents and is considered one of our most nutritive herbs, we call it a 'trophorestorative. Its main constituents are flavonoids (quercetin, kaempferol), carotenoids, Vitamin C, Vitamin B, Vitamin K1, triterpenes, sterols and minerals." Ten grams of nettle contains 290 milligrams of calcium and 86 milligrams of magnesium. In comparison, 10 grams of raw spinach contains 10 milligrams of calcium and 8 milligrams of magnesium. If you're no Popeye, try nettle

is a rhizomatous herbaceous perennial plant of the ginger family. Turmeric has Vitamin C, Calcium, and Iron and Curcumin Strong Anti-inflammatory

Turmeric



Curcuma longa

Turmeric
Grown in USA, India, Fiji

- It has been shown that turmeric can help prevent cancer, stop the growth of already existing cancer and even destroy cancer cells.
- It has been shown that curcumin, the antioxidant that makes turmeric so fascinating spice can function as an antidepressant.



Fenugreek

Trigonella foenum-graecum

4-hydroxyisoleucine, which helps regulate blood sugar and insulin diosgenin for hormone balance and anti-inflammatory benefits

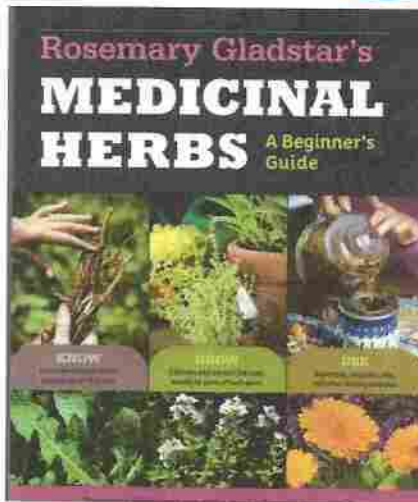


Apple Cider Vinegar

- Apple cider vinegar is fermented juice from crushed apples. Like apple juice, it contains some **pectin**; vitamins B1, B2, and B6; **biotin**; **folic acid**; **niacin**; pantothenic acid; and vitamin C.
- It also contains small amounts of the **minerals** **sodium**, **phosphorous**, **potassium**, **calcium**, iron, and **magnesium**.



1. Healthy Drink
2. Salad Dressing
3. Pickles
4. On veges
5. Meat marinade



Research and Information

Where is



and **Vanderbilt Farmers Market**
 Saturday 8AM to 1PM October-May
 8AM to 12PM June through September
 2355 Vanderbilt Beach Rd STE 131
 Naples FL



QUESTIONS?

